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Helps
for the
Young
Housekeeper

By an Experienced Housewife

HELPS FOR THE
YOUNG HOUSEKEEPER

ONE HUNDRED TRIED RECIPES
for ECONOMIC CATERING

By
AN EXPERIENCED HOUSEWIFE

NEW YORK
1911

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NO. 1

FORWORD

These economical recipes, all of which have been tried by the writer, are arranged for the use of small families, where the housewife attends to her own cooking.

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HELPS FOR THE YOUNG HOUSEKEEPER

APPLE SAUCE.

For Four Persons.

Peel one quart of sour apples; cut them into small pieces, removing the core and seeds. Put the apples into the preserving pot; cover them with boiling water, and stew them until they are tender. Then add three tablespoonfuls of sugar, and cook for five minutes longer. Add more sugar, if required. If the apples are not tart, add half a lemon. When apple sauce is served with meat, it should be strained through a colander.

BACON AND FRIED APPLES.

For four or five persons.

One pound of fat bacon cut into slices as thin as a knife blade. Peel and cut into slices, three large, sour apples; cut them in round slices, not over a quarter of an inch thick; sprinkle a little sugar over the apples. Fry the bacon in a hot frying pan, as quickly as possible, then put it on a hot platter. Now fry the slices of apple in the bacon fat, until tender and light brown on both sides. Be careful not to let the fat burn. Arrange the apples around the bacon, and serve at once. Bananas peeled and cut lengthwise, and a little lemon or orange juice sprinkled over them, may be fried and served with the bacon instead of the apples.

BAKED APPLE DUMPLINGS.

Peel and core four tart apples. Greenings are best. Use one and a half coffee cupfuls of the suet crust mixture. Stir

into it four tablespoonfuls of cold water. Flour the pastry board, lightly; turn the dough onto it; flour your hands and the rolling pin. Gather up the dough, as quickly as possible, then roll it out, and divide it into four parts. Roll out each piece until large enough to cover an apple. Put an apple in the center of each piece of crust. Put a teaspoonful of sugar, flavored with either cinnamon or nutmeg in the hollow center of the apple. Close the crust around the apple by pressing the edges together. Butter a baking pan, place the dumplings in it with the joined edges downward. Bake in a moderate oven, from fifty-five minutes to an hour. Serve hot, with hard or liquid sauce.

JELLIED APPLES.

Peel and core six, large, tart apples, and put them into the preserving pot. Fill the centre of each apple with granulated sugar, and pour over them three pints of hot water. Stew the apples very slowly, for half an hour, then try them, and if they are not tender, stew them longer. Try them every ten minutes, and as soon as they become tender remove the pot from the fire, and carefully take out the apples with a skimmer. The apples must not be broken.

Put half a package of Cooper's gelatine into a large bowl, and cover it with half a pint of cold water. When it has soaked fifteen minutes, add ten heaping tablespoonfuls of granulated sugar, and the juice of two large juicy lemons. Measure the water in which the apples were stewed; if there is not a pint and a half, add enough hot water to make that quantity; then pour it back into the preserving pot. As soon as it boils, pour it over the gelatine, sugar, and lemon juice, and stir well.

While the jelly is cooling, arrange the apples in a large glass fruit bowl, or in two small bowls; then strain the jelly over them through a very fine strainer or a jelly bag. This dessert must be made early in the morning for an evening dinner, and kept on the ice. It is best to make it the day before it is required.

DEEP APPLE PIE.**For Four or Five Persons.**

Peel and cut into thin slices enough sour juicy apples to fill a quart pudding dish. Cut an even tablespoonful of butter into little bits, sprinkle an even teaspoonful of flour over the bits of butter. Butter the pudding dish and line the sides with suet crust. Fill the dish with layers of apple, and sprinkle sugar thickly over each layer, adding a little ground cinnamon or grated nutmeg, and some of the bits of butter. When the dish is full, pour in carefully three tablespoonfuls of cold water. Cover with the suet crust, and bake in a moderate oven one hour.

BAKED APPLE PUDDING.**For Four or Five Persons.**

Put two coffee cupfuls of small bits of stale bread into a bowl, pour over them one and a half coffee cupfuls of scalded milk, soak until bread is soft. Peel and cut in small pieces two heaping coffee cupfuls of tart apples, cover them with three tablespoonfuls of sugar. Beat the bread and milk until smooth, adding a tablespoonful of sifted flour, and a teaspoonful of baking powder, then stir in the apples, mixing well. Pour the batter into a buttered pudding dish, and sprinkle a tablespoonful of butter, cut in small bits over the top. Bake one hour in a moderate oven. Cover the pudding dish for the first fifteen minutes, then remove cover to brown top of the pudding. Serve hot with wine or vanilla sauce.

BOILED APPLE PUDDING.**For Five or Six Persons.**

Peel and cut into small pieces two coffee cupfuls of sour juicy apples. Put two heaping coffee cupfuls of sifted flour into a bowl, add two heaping teaspoonfuls of baking powder, and a teaspoonful of ground cinnamon or grated nutmeg.

Shred and break into very small bits one coffee cupful of beef kidney suet. Put the shredded suet into the flour, sprinkle over it one even teaspoonful of salt; then rub the suet through the flour with your hands until it is reduced to powder and thoroughly mixed. Stir into the flour and suet a coffee cupful of cold water, add the apples and four tablespoonfuls of sugar. Stir the apples evenly through the batter. Butter a two quart tin pail, turn the batter into it, and fasten the lid on tight. Put the pail into a pot, pour boiling water into the pot carefully until the pail is about half under the water, then cover the pot and boil steadily for three hours. Look at the pudding every half hour, and add boiling water as it boils away. The water must be kept to half the height of the pail, and must boil all the time. Serve hot with hard sauce.

ASPARAGUS.

One Bunch for Five Persons.

Cut off about an inch from the root ends of the asparagus. Then untie the bunch and lay the pieces in cold water for half an hour. Put the thickest pieces in the bottom of the saucepan, and the smaller pieces over them with the heads all the same way. Cover with boiling water, and boil steadily, twenty minutes. Then add two teaspoonfuls of salt, and boil fifteen minutes longer.

Toast enough bread to give each person a slice; butter the toast, while hot, and put it on a hot platter. Take up the asparagus with a large perforated skimmer, and lay it on the toast, being careful to keep the heads all one way. Pour a coffee cupful of the asparagus water into a saucepan, mix an even tablespoonful of flour with two even tablespoonfuls of butter. When smooth, stir the mixture into the asparagus water; cook seven minutes, stirring all the time. Add a quarter of a teaspoonful of salt; then pour the sauce over the asparagus, or serve in a gravy boat.

BOILED STRIPED BASS.

One Weighing Two Pounds for Four or Five Persons.

Wash the fish, put a plate in the bottom of the pot and lay the fish on it, covering it with boiling water. Add a tablespoonful of salt. Cover the pot and boil gently for twenty minutes; then lift out the fish with a large perforated skimmer and put it on a hot platter. Serve with parsley or egg sauce. Striped bass, weighing from half a pound, to one pound, are excellent fried.

DRIED LIMA BEANS.

Half a Pint for Four Persons.

Wash the beans, and soak them over night in three pints of cold water. In the morning drain the beans through the colander, and cover them with fresh cold water. If needed for a late dinner, change the water again, at noon.

Two and a half hours before dinner, drain the beans again, and put them into a saucepan with a quart of boiling water; boil, fifteen minutes, then drain the beans through the colander; return them to the saucepan, and cover them with a quart of fresh boiling water. Boil until they are tender. Drain off all the water; add about four tablespoonfuls of milk, half a tablespoonful of butter and salt and pepper to taste. As soon as the milk boils, serve the beans in a hot vegetable dish.

DRIED RED KIDNEY BEANS.

Half a Pint for Four Persons.

These beans are very nutritious, have a fine flavor, and cost about twelve cents a quart. Wash and soak the beans over night, changing the water the same as for Lima beans. Three and a half hours before dinner, drain off the water from the beans, and put them into a saucepan with three

pints of boiling water. Boil slowly, and keep the beans well covered with boiling water.

Ten minutes before dinner drain off nearly all the water, leaving about four tablespoonfuls with the beans. Mix an even tablespoonful of butter with half an even tablespoonful of flour, stir it into the beans; season to taste with salt and white pepper; cook for five minutes, shaking the pan to and fro. Serve very hot.

STRING BEANS.

One Pint for Three Persons.

Pull back the stem end of the bean, and carefully draw off the string from the edge. Then, with a sharp knife, pare a thin strip from the other edge of the pod. Cut the beans, diagonally, into very thin pieces, about an inch and a half long, and throw them into cold water for half an hour; then drain them through the colander, and put them into the saucepan with one quart of boiling water.

When the beans have boiled half an hour, add half an even teaspoonful of salt. Continue boiling until the beans are tender, then drain off nearly all the water, leaving about two tablespoonfuls with the beans. Add a heaping teaspoonful of butter, season to taste with salt and white pepper, and shake the saucepan over the fire until the butter is melted, then serve the beans in a hot vegetable dish. Young beans, fresh from the garden, will boil tender in forty minutes. Beans bought in a market require from one hour and a quarter to two hours cooking.

BRAISED BEEF.

The top sirloin, cross-rib, and upper part of the round are the best pieces for braising. A piece weighing three pounds is sufficient for a family of seven or eight. The piece must be about three inches thick.

Wipe the meat, then rub well on both sides with lemon juice; season with a teaspoonful of salt, a quarter of a salt-spoonful of cayenne, and stick four cloves into the beef.

Let it stand half an hour, then put a piece of suet or a tablespoonful of beef drippings into a hot frying pan; when melted, put in the beef and brown quickly on both sides, then put the beef in a stewpan; pour over it any juice there may be in the plate.

Put about a pint of water into the frying pan; when it boils up, pour it over the beef. Add one small carrot, cut into slices, one sliced white onion and two bay leaves. If necessary, add more boiling water, as there must be enough used to almost cover the meat. Cover the stewpan closely and set it where the contents will stew very slowly. Turn the beef, every half hour, and replenish the water if it stews away. When the meat has cooked two hours and a half, try it, and if it is not tender, stew it half an hour longer, or until it is tender.

It requires from two and a half to three and a half hours, to braise beef. Dish on a hot platter. Make the sauce by mixing a heaping tablespoonful of sifted flour with a tablespoonful of tomato catsup, or Worcestershire sauce, and a tablespoonful of cold water. Strain about a pint of the gravy into a small saucepan. When it boils stir the mixture into the gravy. Let it boil seven minutes, stirring constantly, season to taste, then pour half of the sauce over the beef, and serve half in the gravy boat.

Carve horizontally, in thin slices. Braised beef is delicious cold. Any gravy and bits of meat left, will season black bean soup, by adding a teaspoonful of thyme and some celery or parsley.

CORNERED BEEF.

The most economical piece is the lower part of the round, there being no bone, gristle, and very little, if any, fat. For those who like fat, the rump is best. A piece of the lower part of the round, weighing about three and a half pounds is sufficient for a family of six or eight persons.

After washing the cornered beef, put it into a pot with plenty of boiling water, as the meat must be kept covered with boiling water, all the time it is cooking. Boil up once, and skim. Cover the pot, and set it where the contents

will simmer for four hours, and then try the meat. If it is not tender, boil it very slowly half an hour longer.

Take the pot from the fire, remove the cover, cover with a colander, and set the pot in a cool place. Half an hour before dinner, put the pot on the fire and heat slowly. As soon as the contents boil up, take out the corned beef. Serve at once. It improves corned beef to boil it early in the morning, and as soon as it becomes tender, remove the pot from the fire; let the meat remain in the water until time to heat it for dinner.

BEEF MINCE, A LA MAURICE.

One pound of the round of beef, chopped very fine. Peel and cut into small pieces enough potatoes to fill a pint measure, and lay them in cold water. Peel and slice one large, or two small, white onions. After the potatoes have soaked twenty minutes, drain them through a colander, and put them with the onions into a chopping bowl. Chop them very fine; then add the chopped beef; season with a teaspoonful of salt and one-third of a teaspoonful of white pepper; mix altogether with a fork.

Put into a hot iron frying-pan, a tablespoonful of butter. When the butter is melted, put in the mince, and add a cupful of hot water. Cover the frying-pan with a tin plate, and put a weight on the tin plate to keep the pan closely covered. Set the frying-pan where the contents will simmer or stew very slowly for one hour. Stir occasionally, and if the water evaporates, add half a cupful. Taste the mince. If the potatoes are cooked, the mince is done. If not, stew half an hour longer. Then season to taste; dish on a hot platter, and pour the gravy over the mince.

Poach an egg for each person, and place the eggs on the mince. If poached eggs are not used, toast two thin slices of bread, butter them, then cut the slices into quarters, lay them on the platter, and put the mince and gravy on the toast.

TO BAKE SHAD AND BLUE FISH.

Bake the Fish on the Meat Rack.

It is not necessary to stuff the fish. Have it cleaned for baking. Wash the fish and wipe it dry. Season with salt and white pepper. Put the meat rack into the dripping pan, rub the bars of the rack with bacon fat, or beef drippings; then lay the fish on the rack. Spread about a tablespoonful of butter over the fish, and dredge thickly with flour. Pour a cupful of boiling water into the dripping pan. Baste the fish every fifteen minutes with the gravy in the pan.

Bake the fish in a hot oven. Serve with brown butter, or Hollandaise sauce. Allow twelve minutes for each pound of fish, but, if the fish weighs over five pounds, allow fourteen minutes for every additional pound. Shad roe may be baked with the shad. Prepare the roe according to recipe for shad roe baked.

BROWN BETTY.

Peel and cut into small thin slices, enough tart apples to fill a pint measure. Mix together five tablespoonfuls of dry bread crumbs with three tablespoonfuls of granulated sugar and an even teaspoonful of cinnamon or nutmeg. Butter a quart pudding dish; put into it a layer of apple. Then a layer of bread crumbs and sugar. Put little bits of butter over the bread crumbs and sugar. When all the apples are used, cover the top with the bread crumb mixture, and some bits of butter. Use an even tablespoonful of butter in the pudding. Pour over it, four tablespoonfuls of boiling water. Cover the pudding, and bake it in a steady oven for forty minutes. Then remove the cover, and bake from ten to fifteen minutes longer, or until the top of the pudding is brown.

Serve hot, with whipped cream sauce. Whip one gill of cream to a stiff froth; with two heaping tablespoonfuls of powdered sugar, and half a teaspoonful of lemon extract or lemon juice. Set it in the refrigerator, until needed. If the sauce becomes too stiff, add a tablespoonful of milk.

CABBAGE.

The art of boiling cabbage without having a disagreeable odor, is rapid boiling in plenty of water, and without covering the vessel while boiling the cabbage.

Remove the outside leaves, and cut the cabbage into quarters. Cut out the hard core. Soak the cabbage in plenty of cold water for one hour; then put it into a colander and press out all the water. Have ready a large pot or saucepan, half full of boiling water; also have water boiling in the teakettle. Put the pot on the hottest part of the fire; when the water boils rapidly, put in the cabbage; add a tablespoonful of salt, and an even saltspoonful of baking soda. Fill up the pot with the boiling water in the teakettle; cover the pot, for a few minutes, until it begins to boil very fast. Take off the cover, and boil the cabbage, rapidly, for twenty-five minutes. Push the cabbage down under the water, two or three times, while it is boiling.

Remove the cabbage into a colander; press it with a plate to get every drop of water out. Pour all the water out of the pot; put into it half a cupful of milk. Mix an even tablespoonful of butter with a heaping teaspoonful of flour. As soon as the milk is hot, stir in the flour and butter; add a saltspoonful of salt and a little white pepper. When the sauce boils, put in the cabbage. Cut the cabbage across, several times. When the sauce boils up, turn the cabbage and sauce into a hot vegetable dish.

STEWED CARROTS.

For Four Persons.

The carrot is one of the cheapest and healthiest vegetables we have, especially in winter, but it must be thoroughly cooked. Scrape, and cut into pieces, an inch long and a quarter of an inch wide, enough carrots to fill a pint measure. As you cut them up, throw them into cold water. Then drain them through the colander, and put them into a saucepan with a quart of boiling water. After the carrots have boiled fifteen minutes, drain off all the water, and

cover the carrots with one quart of fresh boiling water. Let them boil steadily, one hour, if the carrots are young; but in winter, it requires one hour and a half to cook them. When the carrots are tender, drain them through the colander, reserving a cupful of the water for sauce. Mix an even tablespoonful of butter with a tablespoonful of sifted flour. When smooth, add a cupful of carrot water. Mix thoroughly, then put the sauce into the saucepan. Cook five minutes, stirring constantly; add the carrots, season to taste with salt and white pepper. Shake the saucepan to and fro for a minute or two, and then set it back on the stove for five minutes. Serve in a hot vegetable dish.

By using a cupful of milk, instead of the carrot water, cream sauce is made. Some prefer melted butter, which is made by melting the butter in the saucepan, then putting in the carrots, seasoning them, and dishing them at once.

BOILED CHICKEN WITH CELERY SAUCE.

For Six or Seven Persons.

Use an old fowl, weighing not less than four pounds. Prepare the fowl as for roasting. Wash the fowl in cold water, then cover it with warm water, and let it soak for half an hour. Make a dressing with half a coffeecupful of cold boiled rice, a tablespoonful of chopped celery, a saltspoonful of salt, one-third of a saltspoonful of white pepper, a heaping teaspoonful of butter, and a little grated nutmeg. Stuff the crop only. Season the gizzard, liver and heart with salt and white pepper; put them into the body of the fowl, with half an onion and a stalk of calery cut into pieces. Truss the fowl the same as for roasting. Salt and pepper the fowl, and dredge it well with flour. Dip a cloth in cold water, and wring it well. Put a small plate or saucer in the centre of the cloth, lay the fowl on it, then fasten the cloth securely around the fowl. Lay the fowl in a pot, and cover it well with boiling water. Set the pot on the hot part of the stove; boil rapidly for five minutes, then cover the pot and put it where it will simmer for two hours. Try the fowl

by thrusting a knitting needle through the cloth. If not tender, cook until tender. Keep the fowl covered with water while boiling.

CELERY SAUCE.

Wash the outside stalks of celery and cut them in very small pieces. Put four heaping tablespoonfuls of the celery into a small saucepan and just cover with boiling water, boil gently twenty minutes, then add a coffeecupful of the water in which the chicken is boiling. Simmer the celery forty minutes longer. Mix a tablespoonful of flour with a tablespoonful of butter; stir into it a coffeecupful of boiling milk. When smooth pour the mixture into the boiling celery: cook seven minutes, stirring constantly, and season to taste. Serve in gravy boat. The cold chicken makes a delicious salad, or may be served next day, with a cream sauce. The water in which the chicken was cooked may be served as broth, or thickened with rice. It makes an excellent soup.

WHITE FRICASSEE OF CHICKEN.

For Five or Six Persons.

Buy a plump fowl, weighing about four pounds. Cut off the wings, then the legs; divide them into two pieces, known as second joint and drumstick. Cut off the back and divide it into two pieces; leave the breast whole. Wash thoroughly, then lay the pieces of fowl in a pan of warm water for twenty minutes. If the fowl is old, it will improve it to soak half an hour, then drain through the colander. Put the pieces of fowl into the stewpan, cover them with a quart and a pint of boiling water; boil up quickly and skim. Add one small white onion and three or four outside stalks of celery, or a small bunch of parsley.

Cover the stewpan tightly, and stew very slowly for an hour and a half. Season with two even teaspoonfuls of salt and half a teaspoonful of white pepper. Simmer half an hour longer, or until the chicken is tender. Set the stewpan on the back of the range, dip out a full pint of the chicken broth, and strain it into a small saucepan. Mix two

heaping tablespoonfuls of sifted flour with four tablespoonfuls of milk; when smooth, stir in carefully three-quarters of a coffeecupful of milk. Put the small saucepan on the hot part of the stove; as soon as the broth boils, stir the mixed flour and milk into it; cook ten minutes, stirring constantly. If the sauce is too thick, add a little more broth; season to taste.

Lay the breast of the fowl on a hot platter, and arrange the other pieces around it. Pour half the sauce over the fowl, and serve the other half in a gravy boat.

Allow at least two hours and a half from the time the fowl is put on the fire. As soon as the fowl becomes tender, set the stewpan on the back of the range, where contents will keep hot until time to make the sauce. If convenient, cook the fowl early in the morning, strain all the broth over it, and keep in a cool place until time to make the sauce, and heat up the fowl for dinner. If there is any fat on the broth, do not skim it, but use it in the sauce. The giblets may be cooked with the fowl, or boiled with a few stalks of celery and strained into the broth left from the fricassee, and used as soup.

CLAM BOUILLON.

Get fifteen large clams in the shells. Scrub the shells with a brush and wash them thoroughly until the water used is perfectly clear and clean. Put the clams in a saucepan, and pour over them a pint and a half of boiling water, boil until the shells are well opened, then remove the shells, leaving the clams in the saucepan. Let them boil very slowly for fifteen minutes. Now strain the liquor through a fine strainer, then through a piece of cheesecloth. Season to taste with a little white pepper. Taste the bouillon, if too salt, dilute with boiling water.

CREAM OF CELERY SOUP.

For Six Persons.

Wash thoroughly all the green leaves, outside stalks, and roots of a bunch of celery, leaving the white inside stalks

for the table. Cut up the stalks, peel the roots, and put all into a saucepan; cover with one quart of cold water, add one white onion, and one potato, cut into slices.

Boil slowly for one hour, then mash all through a colander. Scald one pint of milk in a double boiler; mix one tablespoonful of butter with two tablespoonfuls of sifted flour. When this is smooth, stir it into the boiling milk, and cook five minutes, stirring constantly. Then pour the milk, butter and flour into the celery soup; boil five minutes, stirring all the time. Season to taste, and serve at once.

Celery is generally sold in a bunch containing from three to five heads, each head having a root.

CLAM CHOWDER.

For Six or Seven Persons.

One quart or twenty-five large clams. Put a colander into a bowl large enough to hold two quarts, drain the clams and juice through the colander, then pour over the clams one quart of cold water. Set the colander containing the clams in a cool place. Save all the water and clam juice in the bowl.

Peel and slice enough potatoes to fill a quart measure, lay them in cold water; peel and slice four large white onions. Cut into small pieces, a quarter of a pound of fat salt pork; fry it in a hot frying pan until a light brown. Put the pieces of pork and the fat fried out from them into a flat-bottomed pot. Drain the water off the potatoes, and lay them on the pork, then lay the sliced onions on the potatoes, and pour over all half a pint of hot water, and add the water and juice drained from the clams.

Put a can of tomatoes in the colander, and use all the juice that drains through the colander, which is generally half the can, (save the tomatoes for baking), pour the juice of the tomatoes over the onions and potatoes, cover the pot closely, and stew slowly for forty-five minutes.

Chop the clams very fine and put them in the pot, season them with a teaspoonful of white pepper, two teaspoonfuls of powdered thyme and a teaspoonful of salt; cover

with six Uneeda biscuits, then cover the pot and stew slowly thirty minutes. Stir the chowder up and if there is not salt enough in it, add a teaspoonful more, then stir in half a pint of boiled milk, and serve. If too thick, add another cupful of milk. This makes a very substantial dinner.

SOFT CUSTARD.

For Four Persons.

Measure a pint of milk, mix an even tablespoonful of cornstarch with three tablespoonfuls of the measured milk. Pour the milk into the double boiler, and set the boiler on the hottest part of the fire. When the milk is hot, stir in the mixed cornstarch; cook twelve minutes, stirring every three minutes. Beat the yolks of two eggs with three tablespoonfuls of sugar. When the cornstarch has cooked twelve minutes, pour it over the eggs and sugar; stir rapidly, then pour the custard into the double boiler, and cook it five minutes, stirring constantly.

Have ready, in a bowl, the well-beaten whites of the two eggs; pour the custard over the whites, beating rapidly, until thoroughly mixed. When cold, flavor the custard with vanilla or lemon extract. Serve in a glass dish.

WHIPPED CREAM WITH LADY FINGERS.

For Four Persons.

Line a glass preserve dish with split lady fingers, allowing four pieces for each person. Beat half a pint of cream until stiff; add to it a heaping tablespoonful of powdered or confestoner's sugar, and a scant teaspoonful of vanilla, lemon or bitter almond extract. Pile the cream in the centre of the dish. By adding the white of one egg, beaten to a stiff froth, with half a tablespoonful of sugar and two more lady fingers, there will be sufficient desert for five persons.

CODFISH PIE.

For Six Persons.

Buy a thick piece of salt codfish weighting one pound. Wash off the salt, and soak the fish in cold water over night. In the morning rinse the fish; lay it in lukewarm water for an hour, then drain off the water, put the fish in a pot and cover it with two quarts of cold water. Set the pot on the back of the range, where it will heat very slowly.

Peel and cut into small pieces enough potatoes to fill a tin quart measure. Lay the potatoes in cold water for half an hour, then drain off the water, put the potatoes into a saucepan, cover them with boiling water, boil them twenty minutes or until they are well done, then drain them through the colander, and mash them with a wire potato masher; add a tablespoonful of butter, beat it through the potatoes, using a four-pronged fork. Take up the fish as soon as the water reaches the boiling point; when the fish is cold, pick it into pieces with a fork, carefully taking out every bit of bone and skin. Butter a baking dish, put into it a layer of the mashed potatoes, then a layer of the fish; season with a little white pepper, continue putting in alternate layers of fish and potatoes until all the fish is used, reserving enough potato to cover the top layer of fish.

Beat one egg very light, add to it five tablespoonfuls of milk, then pour it over the fish and potatoes; cover this with the layer of potatoes, and put over the potatoes, about a teaspoonful of butter broken into bits. Bake in a hot oven half an hour, or until the top is nicely browned. If the codfish is not salt enough to season the potatoes, add half a teaspoonful of salt, when mashing them. This pie may be made of cold boiled fresh codfish, but will require more seasoning. Be careful that the salt codfish does not boil, as boiling hardens the fish.

BOILED CODFISH.

For Five or Six Persons.

Obtain two pounds of fresh codfish, from the middle or tail end of the fish, if possible. Wash and soak in cold

salted water half an hour, then wipe the fish dry, and tie it up in the fish cloth. Put a plate or saucer in the bottom of the pot, lay the fish on it, and cover with boiling water. Add a tablespoonful of salt and a tablespoonful of vinegar. Boil slowly for half an hour.

Take the fish out carefully, and serve at once, with parsley or egg sauce.

PARSLEY SAUCE.

Mix a tablespoonful of butter with half a tablespoonful of flour; when perfectly smooth, stir into it about three-quarters of a cupful of boiling water. Pour the sauce into a saucepan and cook for five minutes, stirring constantly. Season with saltspoonful of salt and half a saltspoonful of white pepper, and a little lemon juice or half a teaspoonful of vinegar; then add a tablespoonful of chopped parsley. For egg sauce, use a hard boiled egg, instead of the parsley. The egg may be boiled in the pot with the fish. Potatoes are always served with fish.

COOKIES.

Take one coffee-cupful of sugar; half a coffeecupful of butter; three coffeecupfuls of sifted flour; eight tablespoonfuls or half a coffeecupful of thick, sour milk; half a teaspoonful of baking soda; a teaspoonful of grated nutmeg, or one tablespoonful of caraway seeds.

Stir the sugar into the butter, when well mixed, add the sour milk. Put two coffeecupfuls of the sifted flour into the flour sieve with the half teaspoonful of soda; sift the flour and soda into the butter, sugar and milk. Now sprinkle in the nutmeg or caraway seeds, stirring all the time. When thoroughly mixed, add enough of the third cupful of flour to make a soft dough. Flour the pastry board and the rolling pin; put a piece of the dough on the board and roll it out one-quarter of an inch thick. Then cut it into small, round cakes.

Put the cookies in well-buttered, shallow, tin pans. Bake in a hot oven for eight or ten minutes, or until the

cakes are slightly colored. Then take them out of the pans; butter the pans again, and continue baking the cakes until all the dough has been used. When cold, put the cookies in a stone jar or tin box. A teaspoonful of vanilla or lemon extract may be used, instead of nutmeg or caraway seeds.

CHICKEN SOUP—See Boiled Chicken

TO MAKE GOOD COFFEE

In an Earthenware Coffee Pot

Buy an iron wire ring to fit to the top of the coffee-pot. Make a strong, unbleached muslin bag, wide enough at the top to fit the iron ring, about two inches narrower at the bottom, and half the depth of the coffee-pot. Run the ring through the hem of the bag. Scald the coffee-pot thoroughly. Fit the bag into the coffee-pot, securing the ring around the top. Measure the coffee into the bag; pour the boiling water very slowly over the coffee in the bag; then cover the coffee-pot, and keep it very hot. Grind the coffee as fine as possible; allow one tablespoonful of the ground coffee to half a pint of water, and one extra tablespoonful for the pot. Take out the bag of coffee grounds before serving the coffee. It is best to make two or three bags. Before they are used, soak them in boiling water, rinse, and dry them. Empty the coffee bag immediately after using it; turn it inside out; scald it; then soak it in cold water an hour before drying it. Do not use the same bag longer than three days in succession. It is better to use a fresh one every other day.

HUCKLEBERRY CORN BREAD.

For Five or Six Persons.

Wash and pick over carefully one pint of huckleberries, drain them in a colander ten minutes, then put them in a bowl, sprinkle over them three tablespoonfuls of granulated sugar. Put in tin flour sieve one coffeecupful of white Indian meal, one coffeecupful of flour, two teaspoonfuls of

baking powder, and half a teaspoonful of salt. Sift all into a large bowl, add three tablespoonfuls of granulated sugar, and a tablespoonful of butter cut into little bits, then stir in one coffeecupful of milk, mix well, and stir in the pint of huckleberries. Bake in a well buttered, shallow tin pan thirty-five to forty minutes, in a moderate but steady oven.

BOILED GREEN CORN.

Use only the young sweet or sugar corn. Do not remove the husks until you are ready to boil the corn. Then take off the husks, and every particle of silk. Put the corn into a saucepan of boiling water, and boil rapidly from fifteen minutes to half an hour. When you put the corn on to boil, break or cut off a small piece from one of the ears, and when the corn has boiled fifteen minutes, try the little piece. If not tender, boil the corn from ten to fifteen minutes longer. Do not put any salt into the boiling water, as it hardens the corn. Serve the corn wrapped in a napkin.

GREEN CORN PUDDING.

For Four Persons.

Take eight large ears of fresh sweet corn, a pint of milk, one tablespoonful of granulated sugar, a heaping teaspoonful of butter, two eggs, and an even teaspoonful of salt. Grate the corn from the cob, beat the eggs thoroughly, add the corn gradually, beating all the time; then stir in the milk, sugar and salt, stir rapidly until well mixed. Butter a pudding dish, pour the pudding into it, break the teaspoonful of butter into little bits over the pudding. Cover the dish and bake thirty minutes, then remove the cover and bake forty minutes longer in a moderate but steady oven.

COTTAGE PUDDING.

For Four Persons.

Measure one coffeecupful of sifted flour; put into it, one teaspoonful of baking powder; then sift again. Beat to

a cream one tablespoonful of butter with two tablespoonfuls of sugar and a teaspoonful of vanilla or lemon extract. Beat one egg with half a coffeecupful of milk; then beat the egg and milk into the butter and sugar. Now sprinkle in the flour, stirring all the time. Beat rapidly for two or three minutes, then pour the batter into a well buttered cake pan. A sponge cake pan is best. Bake, thirty-five to forty minutes, in a moderate oven. Serve hot with hard or liquid sauce. Turn the pudding out on a platter or plate.

COTTAGE SOUFFLE.

For Four Persons.

To prepare this delicate pudding successfully, before you begin mixing the ingredients, butter a tin cake pan, sift enough flour to fill a coffee-cup, without pressing the flour down in the cup. Have ready, fresh boiling water, in the kettle. Beat two even tablespoonfuls of butter with four even tablespoonfuls of sugar until creamy, then add half a teaspoonful of vanilla or lemon extract. Beat one egg, and add to it gradually three tablespoonfuls of cold water. When light, beat the egg and water into the butter and sugar. Put the cupful of sifted flour back into the tin flour sieve; add to it, a heaping teaspoonful of baking powder. Then sift the flour and baking powder over the egg and sugar mixture. Beat, thoroughly, three minutes, then beat in rapidly, three tablespoonfuls of boiling water. Pour the batter into the buttered pan, and bake it in a moderate oven, thirty minutes, or until the top is brown. Serve hot, with hard or liquid sauce. The pudding must be turned out on a platter or plate.

JELLIED CRANBERRIES.

For Four or Five Persons.

Wash and pick over, carefully, one pint of cranberries. Put them into the preserving pot with half a pint of boiling water. Stew the berries steadily for twenty minutes, then mash them through the colander, extracting all the pulp.

Throw away all the skins. Put the sauce back into the preserving pot; as soon as it boils, add six heaping tablespoonfuls of granulated sugar. Boil rapidly for four minutes. Rinse out a mould with cold water, and pour the cranberry jelly into it. Set the jelly on the ice or in a cold place for four or five hours.

CUP CUSTARD.

For Four Persons.

Separate the yolks and whites of two eggs. Beat whites stiff. Beat the yolks for seven minutes, adding gradually three tablespoonfuls of sugar, and a teaspoonful of flavoring. Stir into the yolks and sugar one pint and six tablespoonfuls of milk, then add the beaten whites of the eggs, and stir until thoroughly mixed. Pour the custard into cups, or sherbet, or lemonade glasses. Put them into a dripping pan and pour in hot water until the cups are three-quarters covered. If glasses are used the water must not be too hot. Bake in a very moderate oven for one hour, or until the custard is firm. It must cook slowly. If nutmeg is preferred, grate a little over each cup, and do not use any other flavoring.

CHICKEN SALAD.

Cut the meat from the bones of a cold boiled or fricasseed chicken, left from yesterday's dinner. Cut the meat into very small pieces, removing every bit of skin and gristle. To each cupful of chicken, add three-quarters of a cupful of the best white stalks of celery, cut into very small pieces. Season the chicken and celery lightly with salt and pepper, and a teaspoonful of lemon juice or vinegar. Mix the celery and chicken together, and arrange it in the center of a platter or salad bowl. Pour over the chicken and celery, a Mayonnaise dressing, made according to the recipe. Garnish with the delicate white celery leaves.

Cold veal, and cold fish make excellent salads with Mayonnaise dressing. When celery cannot be obtained, lettuce may be used. For veal and fish salads, fresh tomatoes

may be used for garnishing. When a chicken salad is wanted for a formal dinner or luncheon, use only the breast of chicken, and garnish with slices of hard boiled eggs, olives and the small white leaves of celery.

CARAMEL CUSTARD.

For Four Persons.

Use one pint and three tablespoonfuls of milk; one gill of cream, two tablespoonfuls of sifted flour, three heaping tablespoonfuls of granulated sugar, one heaping teaspoonful of powdered or confectioner's sugar, and three tablespoonfuls of hot water.

Boil the pint of milk in the double boiler. Mix the flour with the three tablespoonfuls of milk; when smooth, add about half of the boiling milk; stir until well mixed, then pour the mixed flour and milk into the double boiler. Stir for five minutes; cover the double boiler, and cook the contents ten minutes. Put a small iron frying-pan on the fire; when hot, stir into it the three tablespoonfuls of sugar; stir until the sugar becomes liquid and turns brown, then draw the pan back from the hot fire, and add three tablespoonfuls of hot water to the melted sugar. This will harden the sugar, but let it simmer fifteen minutes, and the sugar will become liquid again. Stir this caramel into the mixture in the double boiler. Cook fifteen minutes, stirring every three or four minutes. Strain the custard into a pitcher or a bowl, and set it in the refrigerator until needed. About ten minutes before dinner, pour the custard into a glass dish. Whip the cream until stiff, adding gradually, the teaspoonful of powdered sugar; then drop the whipped cream on the custard, with a tablespoon.

CHOCOLATE CUSTARD.

For Three or Four Persons.

One pint and three tablespoonfuls of milk, one gill of cream, two tablespoonfuls of sifted flour, two heaping tablespoonfuls of granulated sugar and one heaping teaspoonful

powdered sugar, one square (an ounce) of Baker's chocolate, half a teaspoonful of vanilla, and one tablespoonful boiling water. Break the chocolate into pieces, put the pieces into a bowl, with the two heaping tablespoonfuls of sugar; place the bowl in a pan of boiling water on the back part of the range. Boil the pint of milk in the double boiler. Mix the flour with the three tablespoonfuls of milk; when smooth add about half the milk in the double boiler; stir until well mixed, then pour the flour and milk into the double boiler. Stir the mixture for five minutes, then cover the boiler and cook for five minutes. Now draw the pan of water, containing the chocolate and sugar, to the front of the fire. Pour a tablespoonful of boiling water over the melting chocolate and sugar; stir until smooth and glossy; then stir the chocolate and sugar into the mixture in the double boiler. Cook for fifteen minutes, stirring the mixture every three or four minutes. When cold stir in the vanilla; and pour the custard into a glass dish. Set the dish in the refrigerator until needed. About ten minutes before dinner, whip the cream until stiff, adding gradually, the teaspoonful of powdered sugar; then drop the whipped cream on the custard with a tablespoon.

RENNET CUSTARD.

This is one of the easiest, healthiest and most economical desserts for hot weather. Buy a package of Junket tablets and follow the directions. The custard must be made in the morning and as soon as the milk thickens set it on the ice. Serve with plain or whipped cream. Junket tablets cost ten cents a package, ten in each package. One tablet makes one quart of rennet custard.

DRAWN BUTTER.

For Four Persons.

One tablespoonful of butter, mixed with a teaspoonful of flour, stir in half a coffeecupful of boiling water. Put half a coffeecupful of boiling water into a small saucepan, and set it on the hot part of the fire. When it boils stir in

the mixed butter, flour and water, and stir until it thickens. Season to taste, and serve at once. A teaspoonful of lemon juice improves the sauce.

JELLIED EGGS.

The Best Way to Cook Eggs Soft.

Put the eggs into a small saucepan or tin pail; fill the vessel with boiling water, cover closely. Do not put the vessel on the fire. Let the eggs stand in the boiling water from eight to ten minutes. This is the most "digestible" way to cook eggs.

POACHED EGGS.

Fill a deep frying-pan three-quarters full of boiling water, add a teaspoonful of salt, and a teaspoonful of vinegar. Break each egg carefully into a saucer, then slip each one into the water. Cook the eggs until the white is set, then remove the pan from the fire. Lift out the eggs with a perforated skimmer, and place them on thin slices of buttered toast. Serve at once.

AN EXCELLENT AND ECONOMICAL FRUIT CAKE.

1-2 pound brown or granulated sugar, 1-2 pound sifted flour, 1-4 pound butter, 1 coffeecupful of very sour milk, 1 even teaspoonful baking soda, 1-4 of an even teaspoonful of salt, 6 ounces seedless raisins, 6 ounces Zante currants, 1-4 pound citron, 1 teaspoonful ground cinnamon, 1-2 teaspoonful ground cloves, 1 teaspoonful grated nutmeg, 1-2 teaspoonful ground allspice.

Wash the currants in two or three waters, then drain them in the colander. Separate the raisins, and flour them lightly. Cut the citron into very thin pieces, about half an inch square.

Cream the butter and sugar; stir into it the sour milk. Put the flour into the sieve; add the baking soda and salt, and then sift it into the butter, sugar and milk. Beat until smooth; add the spices, the raisins, currants and citron,

stirring them through the batter. Butter a cake tin, pour in the cake and bake in a slow oven one hour and a half. Brown sugar is better than granulated for this cake.

FISH CHOWDER.

For Four Persons.

Put one pound of fresh codfish or haddock in cold water for ten minutes, then wipe dry and cut the fish into pieces an inch square. Cut a quarter of a pound of fat, salt pork into pieces an inch square. Peel two potatoes, and one white onion, and cut them into thin slices. Fry the slices of salt pork quickly, and put them in the bottom of the pot; cover them with a layer of fish; sprinkle a teaspoonful of lemon juice over the fish; season with salt and white pepper; put a layer of onions on the fish, cover the onions with a layer of potatoes; season each layer with salt and pepper, seasoning lightly. When all the fish and potatoes are used up, cover with a layer of Uneeda biscuits. Put the frying-pan used for the pork on the fire and pour into the pork fat a cupful of hot water. Boil this up once, then pour the gravy over the chowder. Add enough boiling water to cover all, and an even teaspoonful of powdered thyme and two teaspoonfuls of chopped parsley. Cover the pot, and stew the contents, slowly, for one hour; then add a cupful of milk, boil ten minutes longer. If the water boils away, add enough to keep the chowder covered. After the milk is added, be very careful that the chowder does not scorch. Serve in a soup tureen. If the gravy of the chowder is thin, thicken it with an even tablespoonful of flour, mixed with two tablespoonfuls of milk.

HOT WATER GINGERBREAD.

Before mixing this gingerbread, have ready boiling water in the teakettle. Put a tablespoonful of butter into a cup, and set the cup in a sauce-pan of boiling water to melt the butter. Measure two coffee-cupfuls of sifted flour. Butter a shallow tin baking pan. Heat the oven.

Now put a coffeecupful of molasses into a large bowl; stir into it an even teaspoonful of baking soda, an even tablespoonful of ginger, half an even teaspoonful of salt, a teaspoonful of cinnamon, and the melted butter. Beat into this mixture, half a coffeecupful of boiling water, and lastly, the two coffeecupfuls of flour.

Pour the gingerbread into the buttered tin pan and bake from thirty to forty minutes, in a moderate oven.

Do not open the oven door to look at the gingerbread until it has been baking fifteen minutes. Open and close the oven door gently, to prevent the cake from being jarred, while baking.

GRAVY FOR ROAST MEATS.

When the meat is done, remove it from the pan. Pour off nearly all the fat, and set the pan on the hottest part of the fire. Sprinkle a heaping teaspoonful of sifted flour in the pan, stir rapidly until well mixed, then pour into the pan about half a coffeecupful of boiling water; stir until smooth. If too thick, add a little more water, season to taste, and strain the gravy into the gravy boat.

OLD FASHIONED BAKED INDIAN PUDDING.

For Four or Five Persons.

Sift three heaping tablespoonfuls of yellow Indian meal into a bowl, add six tablespoonfuls of milk and stir until smooth. Put one pint of milk into double boiler, when it boils pour it slowly over the Indian meal, stirring until smooth; then pour mixture into double boiler, and boil rapidly for ten minutes, stirring constantly, then remove from the fire and add half an even teaspoonful of salt, three tablespoonfuls of beef suet, chopped to powder, three tablespoonfuls of New Orleans molasses, three tablespoonfuls of sugar, a teaspoonful of ginger and a teaspoonful of cinnamon. Pour the pudding into a well buttered pudding dish, let it stand until cold, then pour one pint of cold milk over the pudding. Do not stir the pudding while adding the milk. Bake in a very moderate oven three hours. Serve hot with lemon or wine sauce. This pudding is delicious cold.

BREAST OF LAMB WITH GREEN PEAS.**For Two or Three Persons.**

As a breast of spring lamb weighs about one and a half pounds, one is required for two or three persons. Have the ribs cracked on the length and across the middle. Wash and wipe dry. Season the lamb with salt and white pepper. Brown the breast quickly, in a hot frying-pan, or under the flame of a gas range. Be very careful not to scorch the lamb. Lay the breast in a stew-pan, cut three thin slices of lemon and lay them on the lamb. Pour over it half a pint of boiling water, then add a small green onion, or half of a small white onion. Cover the stew-pan and simmer for an hour and a half. Try the lamb; if not thoroughly cooked, stew gently half an hour longer.

Have ready a pint of young green peas, cooked according to the recipe. When the lamb is tender, put it on a hot platter. Skin off the fat from the gravy in the stew-pan, then drain the water from the peas into the gravy, and arrange the peas around the lamb. Mix a tablespoonful of sifted flour with two tablespoonfuls of milk; when smooth, stir it into the gravy. Cook seven minutes, stirring constantly, then strain the gravy over the lamb and peas.

SPRING LAMB CHOPS OFF THE LOIN.

Have the chops cut half an inch thick and the fat cut off; also have a little bone chopped off. Wipe the chops, season them with salt and white pepper. Put them in the double broiler, broil under the gas flame, or over a clear coal fire. Turn them every minute or two to prevent scorching. Cook fifteen minutes. Serve very hot. For dinner allow one pound of chops for two persons.

ROAST SHOULDER OF SPRING LAMB.

Fortunately for small families, as spring lamb increases in size and flavor, it decreases in price, and is sold by the pound, instead of by the quarter.

A shoulder of spring lamb, weighing three pounds, is

a satisfactory and economical roast for a small family. If only two or three in family, it will provide two dinners. Shoulder of lamb is as good cold as it is hot. Have the butcher remove the blade bone.

Wash the shoulder and wipe it dry. Season it with a teaspoonful of salt, and one-third of an even teaspoonful of white pepper. Roll the shoulder and fasten each end with a skewer, then tie it firmly and fasten the string to the skewers. Roast in a hot oven about an hour and a quarter. Baste, every fifteen minutes. Serve with mint sauce.

ROAST LOIN OF WINTER LAMB.

For Three or Four Persons.

Two pounds of loin. Have the butcher remove the thin outside skin and crack the ribs through. Wipe off the meat, put it into the dripping pan; season with salt and white pepper, and one bay leaf, broken into bits.

Roast the lamb in a hot oven, from thirty-five to forty-five minutes, according to the thickness of the loin. When the meat has been in the oven ten minutes, pour over it half a teacupful of boiling water. Baste every twelve minutes. Make gravy according to the recipe for roast meat gravies.

LAMB STEW.

For Two or Three Persons

Cut one pound and a half of a breast of lamb into pieces about two inches square. Wash the pieces in cold water, then put them into a sauce-pan and cover them with one pint of boiling water. Boil up quickly and skim; add one small onion and five sprigs of parsley tied together. Cover the sauce-pan, and set it back on the stove where the contents will stew slowly, for an hour and a half. Then take out the onion and the parsley, and put in six or eight small potatoes, or four large potatoes, cut in half. Season to taste, with salt and pepper; cover the sauce-pan closely and stew slowly for forty minutes. Try the potatoes if not thoroughly

cooked, cover the sauce-pan and stew until the potatoes are done.

Have mixed in a bowl, one heaping tablespoonful of flour with three tablespoonfuls of water. Take the meat out of the sauce-pan, put it in the centre of a hot platter, arrange the potatoes around it. Now pour the mixed flour into the gravy; keep the sauce-pan on the hottest part of the stove and cook the gravy about five or six minutes. Pour it over the meat and potatoes. If the flavor of parsley is liked, chop a tablespoonful of parsley and sprinkle it over the stew.

LEMON JELLY

Use Cooper's Gelatine. Follow directions on package.

LENTIL SOUP

For Six Persons

Wash one coffeecupful of lentils, and soak them over night in three pints of cold water. In the morning, wash them over again, by pouring water over them through the colander. Put three pints of cold water into a sauce-pan, then put in the lentils, add one white onion, four thin slices of carrot, three or four outside stalks of celery, or several sprigs of parsley, two bay leaves, and a teaspoonful of powdered thyme. As soon as the contents begin to boil, cover the sauce-pan, and set it where the soup will boil very slowly for four hours. Then mash all through a colander, add half a pint of boiling water, pouring it over the lentils and vegetables through the colander.

Set the soup in a cool place and cover it with the colander. Half an hour before dinner, pour the soup into a sauce-pan, season to taste with salt and white pepper. When the soup is hot, add a coffeecupful of hot milk, and a tablespoonful of butter. Stir the soup every few minutes; let it boil up once, then serve. This soup should be of the consistency of pea soup; if too thick, add a little more milk and water. If too thin, mix a tablespoonful of sifted flour with the tablespoonful of butter and stir it thoroughly into the boiling soup.

BAKED MACARONI**For Four Persons**

Break one quarter of a pound of macaroni into pieces about an inch long, put them into a sauce-pan with three pints of boiling water. Stir the macaroni from the bottom of the sauce-pan, during the first five minutes, to prevent it sticking. Boil rapidly, for half an hour; then drain off the water; put the macaroni into a baking dish that will hold three half pints. Season it with half a teaspoonful of salt, and a quarter of a teaspoonful of white pepper, and sprinkle through it a tablespoonful of grated cheese. Pour over the macaroni nine tablespoonfuls of milk. Cover the top with grated cheese, then break into bits an even tablespoonful of butter, and put it on the cheese. Bake the macaroni in a hot oven, half an hour, or until the top is brown. About three ounces of cheese is required.

MAYONNAISE DRESSING**For Four or Five Persons**

Set a bowl on the ice one hour, then take the bowl into a cool place, and put into it the yolk of one egg. Stir the yolk one minute, using a teaspoon, then stir in a teaspoonful of oil drop by drop. Then continue stirring in the oil (dropping it from a teaspoon) until it thickens, then stir the oil in from a teaspoon, in as fine a stream as possible until very stiff. Stir in two teaspoonfuls of vinegar and an even salt-spoonful of salt. Use ten teaspoonfuls of best olive oil. If necessary, use twelve, as the Mayonnaise must be thick. Keep on the ice until needed.

MINT PUNCH**A Refreshing Summer Drink**

Put a coffeecupful of fresh raspberries into a bowl, and cover them with three heaping tablespoonfuls of sugar. Cover the bowl, and let this stand for an hour. Wash a bunch of mint, shake off the water; strip off three tablespoonfuls of leaves, and put them in a cup with a heaping tablespoonful of sugar.

At the end of the hour, break into very small pieces ice enough to fill a quart measure; rinse off the ice, quickly, in the colander, and put it in a pitcher that will hold three pints. Stir the mint leaves through the ice; then add the juice of half a lemon, and cut the other half in thin slices; cut the slices in half, and put them in the pitcher. Now, add the sugared berries, and a coffeecupful of cold water. Stir all together, taste the punch. If not sufficiently flavored, add an orange, cut into slices. This punch made be made with fresh strawberries, pitted cherries, fresh or canned pineapple, and any kind of preserved fruit.

MINT SAUCE

For Two or Three Persons

Wash the mint thoroughly, then shake off the water. Strip off the leaves and cut them as fine as possible, using a very sharp knife. Put one heaping tablespoonful of chopped mint into a bowl. Add a heaping tablespoonful of sugar and a tablespoonful of water. Cover the bowl and let it stand for two hours. Half an hour before dinner, add two tablespoonfuls of vinegar. Stir for a minute, or until the sugar has dissolved.

Mint sauce will keep for three or four days, if put in a glass jar and kept covered.

SALT MACKEREL BAKED IN MILK

Wash the mackerel thoroughly, and soak it in plenty of cold water, over night. In the morning, wash it again in fresh water, and then soak in tepid water for two hours; dry the fish, wrap it in the fish cloth, and keep it in a cold place, until half an hour before dinner. Then butter the bottom of a dripping pan, and put the mackerel in it, the skin side down. Dredge with flour and season with white pepper, cover with milk, and bake in a hot oven for half an hour.

Put the mackerel on a hot platter. Mix half a tablespoonful of butter with half a tablespoonful of sifted flour, when perfectly smooth let the milk in the dripping pan boil up,

then stir in the flour and butter; cook for five minutes, stirring constantly. If the sauce is too thick, add a little milk, let it boil up once, then pour the sauce over the mackerel, and serve at once.

MILK OR CREAM SAUCE

For Three or Four Persons

Heat a coffeecupful of milk in a small sauce-pan. Mix a tablespoonful of butter with a tablespoonful of sifted flour. When smooth add three tablespoonfuls of the hot milk, then stir this mixture into the boiling milk, and boil seven minutes, stirring constantly. Season to taste.

MUTTON CUTLET WITH CURRANT JELLY

For Three or Four Persons

It is cheaper to buy part of a leg of Canada mutton, weighing five pounds, and have the cutlets taken off. Have your butcher keep the remainder of the mutton for you to roast, two or three days later. Have the cutlet cut an inch thick, and the thin outside skin removed.

Wipe off the cutlet, and squeeze over it a little lemon juice; season it with salt and white pepper, then broil it slowly over a clear fire. It will take from fifteen to eighteen minutes to cook. While the cutlet is broiling, heat a platter and put on it two tablespoonfuls of currant jelly and half a tablespoonful of butter. When the cutlet is done, put it on the jelly, and turn it over two or three times, then serve immediately. Grape jelly may be used instead of currant.

STUFFED LEG OF MUTTON

For Six or Seven Persons

Have the bone taken out of the remainder of the leg of mutton which the cutlet was taken from. Make a dressing, as follows:

One cupful of bread crumbs, a teaspoonful of powdered thyme, two teaspoonfuls of butter, half a teaspoonful of salt and a quarter of a teaspoonful of white pepper. Moisten the

dressing with two tablespoonfuls of milk; mix well, then put the dressing in the cavity made by the removal of the bone.

Lay the meat in the dripping pan and season it with salt and white pepper, and a bay leaf broken into bits. Roast in a hot oven for an hour and a half. When the mutton has been in the oven fifteen minutes, pour over it half a cupful of hot water, and baste, every fifteen minutes. Make gravy according to the recipe.

PLAIN OMELET

For Two Persons

Beat three eggs until light. Add, while beating, three tablespoonfuls of milk and an even saltspoonful of salt. Heat the frying pan on the hottest part of the range, and put in it a teaspoonful of butter. When the butter has melted, pour the omelet into the pan. Shake the pan quickly backward and forward, until the mixture is about as thick as soft custard; then let it stand, from ten to fifteen seconds, to brown. Now pass a knife between the edge of the omelet and the pan; lift the pan off the fire, hold it over a hot platter, and fold the omelet over into the dish. Serve, at once.

Two eggs will make an omelet for one person; add one egg and one tablespoonful of milk for each additional person.

STEWED OYSTERS

For Two Persons

Drain off all the liquor from a pint of oysters. Put three tablespoonfuls of water into a bowl, drop one oyster at a time into the water, take each one out with a fork. This removes any particles of shell from the oyster. Pour the three tablespoonfuls of water into the oyster liquor, and strain the liquor through a fine strainer, into a sauce-pan. As soon as the liquor boils, skim it. Mix one even tablespoonful of butter with a teaspoonful of flour; when smooth, stir it carefully into the boiling liquor, then add the oysters; season to taste with salt and white pepper, and stew six minutes. Serve at once. A cupful of boiled milk may be added to the stewed oysters if desired.

FRIED PARSNIPS

After the parsnips have been boiled (according to recipe), cut them lengthwise into slices; dip each slice in flour, and season with salt and white pepper. Put a tablespoonful of bacon fat or beef drippings into a hot frying pan. When the fat is melted, cover the bottom of the pan with slices of parsnips, and brown the parsnips on both sides. Serve, with roast pork.

GREEN PEAS

Owing to the difference in size of and in number of peas in the pod, it is almost impossible to give the quantity required for three or more persons. It is safe to buy a quart of peas for two persons.

Peas must be young and the pods green, to be worth eating. When shelling, if some of the peas are very young and small, put them into a separate dish. Shell the peas carefully and take out any bits of the pods that may drop into the dish. Do not shell the peas until you are ready to cook them. Do not wash the peas or put them into cold water. When the peas are shelled, put the large ones into a saucepan with just enough boiling water to cover them. Let the peas boil slowly, for fifteen minutes; then add the young peas, and boil all, slowly, for fifteen to twenty minutes longer. Add more water, if necessary, and do not cover the saucepan. Very young peas will become tender in fifteen minutes, but it generally takes from twenty to thirty minutes to cook them. When the peas are tender, drain off all the water except about three tablespoonfuls; season to taste, with salt and white pepper; add half a tablespoonful of butter, and serve in a hot vegetable dish. A teaspoonful of granulated sugar will improve the peas, if they are not very young.

BAKED PORK AND BEANS

For Six Persons

Wash carefully one pint of white dried pea beans; soak them over night in two quarts of cold water. In the morning drain off the water, leaving the beans in the colander. Rinse

the beans by pouring cold water over them through the colander. Then put the beans into a saucepan with two quarts of cold water. As soon as the water boils, turn the beans into a colander, and drain off all the water. Pour two quarts of fresh, boiling water into the saucepan and put the beans into it. Wash thoroughly half a pound of nice salt pork, and put it in with the beans. Cover the saucepan and boil very slowly for two hours. Try the beans; if the skin cracks easily they are ready for baking.

Drain the beans through the colander, saving the water in which they were boiled. Cut the pork into thin slices about an inch square. Put half the beans into a baking dish, season them with salt and white pepper, cover them with half of the sliced pork, then fill up the dish with the remainder of the beans; season; and cover the beans with the remainder of the sliced pork. Cover the beans with the bean water, and cover the dish with a tin pie plate.

Bake in a very moderate oven for two hours, then remove the plate. If necessary, add a little more bean water, and more seasoning, if required. Bake slowly until most of the water has evaporated, and the pork is nicely browned. If the top does not brown within forty minutes, put the dish on the oven slide, and turn on more heat. It requires a teaspoonful of salt, and half an even teaspoonful of white pepper to season the beans before baking, and if the pork is not very salt, more seasoning may be needed, after the pork and beans have been baking two hours.

PAN FISH—PORGIES

About a half a pound for each person. Of the various kinds of small fish, porgies, although the lowest in price, are particularly fine in flavor. To fry porgies, wash and dry the fish, season with salt and pepper, and roll them in flour. Put a tablespoonful of bacon fat, or beef dripping, into a hot frying pan; when the fat is melted, lay the fish in it. Fry until the fish is a light brown on one side, then turn the fish, and brown the other side. Porgies weighing about one pound each are the most advantageous, and require from

fourteen to fifteen minutes cooking. All small fish may be cooked by this recipe.

BAKED PEACH BATTER PUDDING

For Four or Five Persons

Cover the bottom of a quart pudding dish with peeled peaches. Add six tablespoonfuls of cold water; sprinkle over them two tablespoonfuls of sugar; cover the dish closely and bake in a moderate oven, half an hour or until the peaches are tender; then remove the dish from the oven. When the peaches are cold, make a batter of four heaping tablespoonfuls of sifted flour, one heaping teaspoonful of baking powder, and a teaspoonful of butter, broken into bits. Beat thoroughly, two eggs, with three tablespoonfuls of sugar. Then beat into the eggs and sugar, a coffeecupful of milk, and stir it into the flour. Beat all thoroughly, and pour the batter over the peaches. Bake half an hour in a hot oven, or until the top is brown. Serve hot, with cream and sugar. If canned peaches are used, they will not require any cooking before the batter is poured over them.

ROAST PORK. SPARE-RIB

For Three Persons

Have the ribs cracked across the middle. Wash and dry them thoroughly; season with an even teaspoonful of salt, one-third of an even teaspoonful of white pepper, and an even teaspoonful of powdered sage.

Put an even tablespoonful of sausage, pork, or bacon fat into a dripping pan, lay the spare-rib on it, and bake in a hot oven forty-five to fifty minutes.

When the spare-rib has cooked ten minutes, pour over it half a cupful of boiling water; baste every twelve minutes. Brown the spare-rib on both sides.

TO CREAM COLD BOILED POTATOES

Cut the potatoes into small pieces. To one cupful of potatoes, use one cupful of milk. Put the milk into a

saucepan; when it boils, put in the potatoes. Stew them fifteen minutes. Mix half an even tablespoonful of butter with half an even tablespoonful of flour. Take the potatoes out of the saucepan, and keep them hot.

Put the saucepan on the hottest part of the fire; as soon as the milk boils, stir in the mixed flour and butter. Boil, eight minutes, stirring constantly. Season to taste with salt and white pepper. Pour the sauce over the potatoes, and serve hot.

BAKED POTATOES

This is the best way to cook potatoes. Wash the potatoes thoroughly, and wipe them dry. Bake the potatoes in a moderate oven, from forty-five minutes to one hour. Serve very hot.

TO BOIL NEW POTATOES

Wash the potatoes thoroughly, and rub off the skin with a coarse towel. Put the potatoes into a saucepan, cover them with boiling water; try the potatoes after they have boiled half an hour; if not done, boil them five or ten minutes longer. Then pour off every drop of water, and sprinkle over the potatoes a little salt. Set the saucepan, uncovered, on the back of the fire until the potatoes are dished.

When melted butter and parsley is required with new potatoes; drain the potatoes through the colander, and carefully remove any particle of skin. Put a tablespoonful of butter into the saucepan; when the butter is melted, put in the potatoes; add half a teaspoonful of salt; shake the saucepan over the fire a minute or two. Turn the potatoes into a hot dish, and sprinkle a teaspoonful of chopped parsley over them.

MASHED POTATOES

Peel the potatoes and lay them in cold water for an hour. Then drain them through the colander, and put them into a saucepan. Cover the potatoes with boiling water.

Boil them from forty to forty-five minutes. Then drain off all the water; season with an even teaspoonful of salt to every nine potatoes. Mash the potatoes with a wire potato masher.

Heat half a cupful of milk for nine potatoes; put in a small piece of butter, then add the hot milk. Beat, thoroughly and lightly with the potato masher. Dish the potatoes, in a hot vegetable dish and serve at once.

POTATO SALAD

For Four Persons

To one pint of cold boiled potatoes, cut into small pieces; add three slices of pickled beets, cut into small pieces, and four or five small white pickled onions. Make a dressing of three teaspoonfuls of salad oil, three teaspoonfuls of vinegar, a saltspoonful of salt and half a saltspoonful of white pepper. Arrange the beets, potatoes and onions on a few lettuce leaves and pour the dressing over them. Enough pickled beets and onions for this salad can be bought for five cents at any delicatessen shop. In summer use young green onions and young beets boiled. New potatoes make the best salad.

POTATO SOUP

For Five or Six Persons

Peel and cut into small pieces, potatoes enough to fill a pint measure heaping full. Wash the potatoes, and soak them one hour in cold water, then drain off the water. Put the potatoes into a saucepan, cover them with one quart and half a pint of cold water; add one onion, one small carrot, scraped and cut into slices, and four or five outside stalks of celery. Boil very slowly for one hour and a quarter. Then mash the potatoes and other vegetables through the colander, pouring over them the water in which they were boiled, until all the vegetables have passed through the colander, and all the water is used.

Put into the saucepan half a pint of milk; when it boils, pour in the potato soup; add a tablespoonful of butter, an even teaspoonful of salt, and one-third of a teaspoonful of white pepper. Boil five minutes, stirring constantly. Serve at once. Croutons may be served with this soup. If a richer soup is desired, beat one egg with a tablespoonful of milk, then put it into the soup tureen, and pour the soup over it, stirring all the time.

SWEET POTATOES A LA CREOLE—Delicious

For Four Persons

Wash and boil the potatoes from forty-five minutes to one hour. The potatoes must be thoroughly cooked. Peel them, and cut them into slices a quarter of an inch thick. Butter a baking dish; cover the bottom of the dish closely with potatoes; then sprinkle a heaping teaspoonful of sugar over them, and an even teaspoonful of butter broken into little bits. Then put in another layer of potatoes, another heaping teaspoonful of sugar, and a teaspoonful of butter. Continue, until the dish is full. Cover the top with the butter and sugar; add two tablespoonfuls of milk. Bake in a moderate oven, from forty to fifty minutes.

Allow a medium size potato to each person, and be sure to fill the baking dish.

HOT LIQUID PUDDING SAUCE

For Three Persons

Mix a teaspoonful of butter with an even teaspoonful of sifted flour. Put into a saucepan, six tablespoonfuls of boiling water, and stir into it, six tablespoonfuls of granulated sugar. Boil steadily for five minutes, then stir in the butter and flour. Boil six minutes, stirring constantly. Flavor with extract of vanilla or lemon, or a tablespoonful of sherry wine. Keep hot, until needed.

HARD SAUCE

For Three Persons

Beat one tablespoonful of butter with five tablespoonfuls

of powdered sugar, until light and creamy. Flavor with half a teaspoonful of extract of vanilla or lemon, or a tablespoonful of sherry wine. If nutmeg is liked, flavor the sauce with a little, grated over the sauce when served. Keep the sauce in the refrigerator until needed.

TO BOIL RICE

Use only the best rice. Broken rice is a little cheaper, but it is not economical. Allow four tablespoonfuls of rice for three or four persons. Wash the rice thoroughly, and cover it with a pint of cold water. Soak for fifteen minutes, then drain off all the water. Put three pints of boiling water into a saucepan; when it boils up, throw in the rice, and stir it from the bottom of the saucepan once or twice, using a fork. Keep the saucepan where the contents will boil rapidly; cook twelve minutes, then add a teaspoonful of salt. Continue boiling quickly for five minutes, then try the rice, and if the grains are not soft, boil them from three to five minutes longer. Then drain off all the water through a collander set the collander containing the rice on a tin plate in the oven for one or two minutes, then dish in a hot vegetable dish.

If the rice is carefully cooked, the grains will be white, soft, and separate from each other. Do not cover the saucepan while the rice is boiling, but it must boil rapidly all the time. Drain off the water, the moment the rice is tender.

BAKED RICE PUDDING

For Six or Seven Persons

Wash carefully two heaping tablespoonfuls of rice and put the rice in a pudding dish. Cover with a quart of cold milk, and soak it two hours; then put the rice and milk into a double boiler. Let it boil very slowly, being careful to keep plenty of water in the lower part of the double boiler. When the rice has cooked an hour and a half, pour it into the pudding dish; add three tablespoonfuls of sugar, and a scant teaspoonful of extract of vanilla or lemon. If the

flavor of nutmeg or cinnamon is preferred, sprinkle some over the top of the pudding.

Bake one hour in a moderate oven. Use a dish that will hold a quart, and do not use more than the two tablespoonfuls of rice to the quart of milk. The pudding should be about the consistency of soft custard. It must be made early in the morning, and when cold, set in the refrigerator until needed. If made in hot weather, the milk should be scalded and cooled, before pouring it over the rice.

FRENCH SALAD DRESSING

For Two Persons

Put half a saltspoonful of salt, and a quarter of a saltspoonful of white pepper into a saucer or soup plate. Stir one teaspoonful of olive oil, slowly, over the salt and pepper. When well mixed, stir in two more teaspoonfuls of oil, and one teaspoonful of vinegar. If the flavor of onion is liked, cut a white onion in two and rub one half over the saucer or soup plate, before putting in the salt and pepper.

If a more acid dressing is desired, add another teaspoonful of vinegar. French dressing may be used for all vegetable salads, except celery, which requires a mayonnaise dressing.

BROILED SHAD, BLUE FISH AND FRESH MACKEREL

Have the fish split for broiling. Wash and dry thoroughly, season with salt and white pepper. Rub the double broiler with beef drippings, and lay the fish in it. Broil over a clear fire or under a gas flame. Broil the inside of the shad first; turn the fish often to prevent scorching. A shad weighing three pounds will require twenty minutes cooking. For blue fish and mackerel use above recipe.

SPINACH

Two Quarts for Three or Four Persons

Spinach, prepared by this recipe, will amply repay the housewife for her trouble, as it becomes crisp and green

and almost grows in the water. The moment the spinach is brought into the house, put it into a very large pan, and fill the pan full of fresh cold water. Put the roots of the spinach down into the water. Change the water every two hours. Take the spinach out, shake each root, and remove all the yellow and wilted leaves. Put the spinach into another pan, while you rinse the large pan and fill it with fresh, cold water. Return the spinach to the large pan, each time you change the water. You will find after changing the water, two or three times, it will be perfectly clean, and so will the spinach.

One hour before dinner, fill the smaller pan with cold water; pick over the spinach; cut off the roots and stems, and throw the spinach into the pan of fresh water. Now, drain the spinach through a colander, and put it into a large saucepan with a pint of boiling water and a teaspoonful of salt. Boil rapidly from fifteen to twenty minutes. When the spinach is tender, drain it in a colander, and press all the water out using a wooden spoon. When the spinach is thoroughly drained, chop it fine. Put a teaspoonful of butter into a small saucepan; when melted, stir in the spinach; season to taste with salt and white pepper. Serve on a hot platter or vegetable dish. Slice a hard boiled egg, and put it over the spinach. The egg may be boiled with the spinach.

SUET CRUST

Use only the best beef kidney suet, which is dry and crumbles easily. Shred half a pound of suet, free from skin and threads, then break it up into little bits. Put three-quarters of a pound of sifted flour into a bowl or pan. Add to the flour, two heaping teaspoonfuls of baking powder, and a heaping teaspoonful of salt, and the shredded suet. Rub the suet through the flour, using both hands, so as to break up the suet as fine as possible. It takes from twenty minutes to half an hour to pulverize the suet. Put the mixture into a glass jar, stone pot, or pitcher, and cover it with a piece of cheese cloth. Set it in the refrigerator, until needed. This dry flour and suet will keep, one or two weeks, in a cool place.

For a meat pie, for four or five persons, put one and one-half cupfuls of the flour and suet mixture into a bowl. Stir in gradually, enough cold water to make a soft dough, or about one quarter of a coffeecupful of water. Gather up the dough with a tablespoon. Flour the pastry board, and turn the dough out on it. Then flour your hands, and roll the dough up so that it does not stick to the board. If necessary, flour the board again, and roll out the dough. It must be a little thicker than pie crust made with lard and butter. This crust is cheaper and much better than crust made with lard and butter, or the biscuit dough crust used for meat pies. It is excellent for plain fruit, custard, and pumpkin pies, and all kinds of boiled puddings and dumplings. If a very rich crust is needed, use ten ounces of suet to three-quarters of a pound of flour.

OLD FASHIONED SUCCOTASH

For Four Persons

Half a pint of shelled lima beans; half a pint of sweet corn cut from the cob; a thin slice of very nice, fat, salt pork, not over two inches square. Soak the beans in cold water, half an hour; then drain off the water, and put the beans into a saucepan with a pint and a half of boiling water, and the piece of pork. Cut the corn cobs in two, and put as many as you can into the saucepan with the beans. Cover the saucepan, and stew the contents gently for forty minutes; then take out the corn cobs, and drain off the water from the beans into bowl. Put the corn into the saucepan with the beans and the pork; add enough of the water in the bowl to cover the succotash. Cover the saucepan, and stew, forty minutes. Mix a teaspoonful of cornstarch with three teaspoonfuls of the water in the bowl. Pour half a coffeecupful of milk into the succotash; take out the piece of pork, then stir in a teaspoonful of sugar and the mixed cornstarch. Cook ten minutes, stirring constantly, for the first five minutes. Season to taste and serve.

SUNDAY DINNERS

Where the housewife attends to the cooking, the writer

suggests dispensing with the usual midday Sunday dinner; which in summer has to be prepared during the hottest part of the day, and during the pleasantest part of the short winter's day. As most families breakfast at least one hour later on Sunday than during the week, a light luncheon served at one o'clock, and the dinner at six or seven o'clock to suit the convenience of the family, will lessen the work of the household materially.

AN EASY DINNER TO PREPARE ON A HOT SUNDAY

For Two or Three Persons

Have a boiled chicken for dinner on Saturday, save enough of it to make a chicken salad for Sunday's dinner. Make a good chicken soup of the broth, bones, and trimmings for Sunday's luncheon. Some potted tongue or ham may be added to the dinner, and fresh green peas, or corn, and new potatoes. Peaches, and cake, or ice cream for dessert, and coffee.

SUMMER SOUP

For Four or Five Persons

Wash one quart of fresh green peas in the pods, in plenty of water, then drain them through the colander. Shell the peas, and put the pods on to boil, in three pints of cold water. Boil slowly, one hour, then drain through the colander into a deep dish. Press all the water out of the pods with a potato masher.

Scrape one young carrot, peel one potato, cut up half a head of lettuce, using a small head; two young green onions, and several sprigs of parsley. Chop the vegetables, and then add them to the strained water. Put all into a saucepan; boil steadily, for thirty minutes, then add the peas. Boil half an hour, or until the peas are soft. Mix a tablespoonful of butter with a tablespoonful of flour; when smooth add half a cup of milk, stir this into the soup; boil five minutes, stirring constantly, then season to taste and serve.

TOMATO BISQUE

For Four Persons

Strain the juice from a can of tomatoes. There is usually about a pint, but if not, add enough water to fill the pint measure. Pour the pint of juice into a saucepan, and stew fifteen minutes. Boil a pint of milk in the double boiler. Mix a tablespoonful of cornstarch with three tablespoonfuls of cold water. When the juice has stewed fifteen minutes, stir into it half an even teaspoonful of baking soda. As soon as the juice stops foaming, stir in the mixed cornstarch; boil eight minutes, stirring constantly, then add a teaspoonful of butter, and the pint of boiled milk; boil up once, season to taste, and serve at once.

Put the tomatoes remaining in the can, into a bowl and use them for baking.

TOMATO SALAD WITH MAYONNAISE DRESSING

For Four Persons

Dip four solid, ripe tomatoes into boiling water for one or two minutes. Then peel them quickly, and set them on the ice. Make a mayonnaise dressing. Wash four fresh lettuce leaves, and put them on the ice. When the tomatoes are thoroughly chilled, cut a slice off the stem end of each one.

Put a lettuce leaf on each plate; place a tomato on each leaf; then put a teaspoonful of mayonnaise on the stem end of each tomato. If preferred, the tomatoes may be sliced and served in a salad bowl, with the mayonnaise poured over them.

STEWED TOMATOES—FRESH

One Quart for Three or Four Persons

Pour boiling water over the tomatoes, and let them stand for five minutes. Then remove the skins, cut up the tomatoes, and put them into a porcelain-lined saucepan. Stew the tomatoes slowly, half an hour; then add one teaspoonful of sugar, three-quarters of a teaspoonful of salt, a

third of a teaspoonful of white pepper, and a teaspoonful of butter mixed through a teaspoonful of flour. Stir the flour and butter through the tomatoes; stew ten minutes longer, then serve. Canned tomatoes can be cooked in twenty minutes, and seasoned as above.

FRIED TOMATOES

The tomatoes must be fresh and solid.

Cut the tomatoes into slices a quarter of an inch thick. Season each slice with a little salt and white pepper. Dip the slices in flour, and fry them quickly, in nice beef drippings; turn them carefully, and serve them on thin slices of toast.

BAKED TOMATOES

Use the large solid tomatoes; wash them, and then cut a small piece out of the stem end, so as to have a space for a teaspoonful of stuffing. For six tomatoes use a coffee-cupful of crumbs grated from a loaf of stale bread, two teaspoonfuls of butter, a teaspoonful of chopped parsley, half a teaspoonful of salt, and half a saltspoonful of white pepper. Mix all with the tomato scooped out of the stem end. Put a teaspoonful of stuffing into each tomato and put a little bit of butter on the top of the stuffing. Put the tomato into a buttered pan, and bake, half an hour in a hot oven. If the flavor of onion is liked, a slice of onion chopped with the parsley is an improvement.

TRIFLE

For Four Persons

Split six lady fingers and lay them in the bottom of a glass dish. Pour over each piece, about a teaspoonful of sherry wine (California). Then pour soft custard over the lady fingers. Serve at once.

TURKISH VEAL PILAF

For Four Persons

Cut one pound and a half of the breast of veal into pieces about two inches square; wash quickly in cold water and drain through the colander. Put the veal into a saucepan and cover with one quart of boiling water; boil up quickly, skim, and add one small white onion. Cover the saucepan and set it back on the range, where it will stew slowly for an hour and a half. Then take out the onion, and season the veal with one teaspoonful of salt and one-half teaspoonful of white pepper; now add a cupful of canned tomatoes, or fresh ones, if in season.

As soon as the stew begins to boil, wash carefully half a coffeecupful or rice and add it to the veal and tomatoes. Cover closely, and stew until the rice is soft. Season to taste and dish on a hot platter. Have ready a hot fryingpan; put into it a tablespoonful of butter. Cook until the butter is light brown, then pour it over the pilaf and serve at once.

WHITE TURNIPS

Turnips are cooked the same as carrots, but the turnips are cut in small square pieces about an inch each way. Young turnips are very delicate served with the following sauce; mix an even tablespoonful of sifted flour with an even tablespoonful of butter.

Heat a small cupful of milk; when it boils, stir in the flour and butter; season to taste; boil seven minutes, stirring constantly. Drain the turnips through the colander; put them into a hot dish and pour the sauce over them.

BREAST OF VEAL, STUFFED AND ROASTED

For Four Persons

Two pounds of the breast of veal. Have your butcher crack the ribs and prepare the breast for stuffing. Make a dressing the same as for chicken. Fill the cavity in the breast with dressing. Season the veal with an even tea-

spoonful of salt and half an even teaspoonful of white pepper. Roast in a moderate oven from fifty-five minutes to one hour. Baste the veal every twelve minutes. Make a gravy according to recipe.

VEGETABLE CHOWDER FOR FOUR OR FIVE PERSONS

Prepare and cut into pieces an inch long; one coffee-cupful of carrots, one coffee-cupful of outside stalks of celery, one coffee-cupful of turnips, two large or three small white onions, two coffee-cupfuls of potatoes, one coffee-cupful of dried lima beans, which have been soaked over night. Two hours before dinner drain the lima beans through the colander, wash them well, and put them into a saucepan with one quart of boiling water, stew gently for half an hour, then add the carrots, turnips and onions. Stew them slowly for forty-five minutes, then add the celery and potatoes, season with an even teaspoonful of salt, and half an even teaspoonful of white pepper. Stew until the potatoes are tender, then lift all the vegetables carefully into a platter, use a perforated skimmer. Mix a heaping tablespoonful of butter with a tablespoonful and a half of flour. When perfectly smooth stir it into the water in the saucepan, cook eight minutes, stirring constantly, add a half a cupful or one gill of cream. Stir it rapidly through the sauce. Cook two minutes, season to taste, and then pour the sauce over the vegetables. Serve at once. If there is more than a pint of water in the saucepan after the vegetables are taken out, pour a little out before putting in the flour and butter. If much less than a pint and the sauce is too thick, thin it with a little milk. In summer use string beans, fresh tomatoes and parsley, instead of celery and dried lima beans.

MENUS FOR THE WEEK**Sunday**

Chicken fricassee.

Boiled rice or baked sweet or white potatoes.

Celery.

Jellied apples.

Coffee.

Monday

Remains of fricassee, served on toast, or chicken soup with rice.

Bacon and fried apples.

Creamed potatoes.

Fruit.

Coffee.

Tuesday

Mutton cutlets with jelly.

Red kidney beans.

Baked potatoes

Crackers and cheese.

Coffee.

Wednesday

Potato soup.

Baked pork and beans.

Stewed tomatoes.

Lemon jelly.

Coffee.

Thursday

Tomato bisque..

Boiled corned beef.

Boiled cabbage or cold slaw.

Mashed potatoes.

Fruit.

Coffee.

Friday

Oysters, creamed or stewed.
Cold corned beef.
Cold slaw.
Cottage souffle.
Coffee.

Saturday

Roast lion of winter lamb.
Potatoes baked in pan with lamb.
White turnips, with cream sauce.
Apples, nuts.
Coffee.

**Sunday**

Roast leg of muttton.
Cranberry jelly.
Boiled rice or mashed potatoes.
Lady fingers and whipped cream.
Coffee.

Monday

Mutton broth with barley, made with the bone; and trimmings from leg of mutton.
Cold mutton or minced mutton on toast, with poached eggs.
Cranberry jelly.
Crackers and cheese.
Coffee.

Tuesday

Roast spare-rib of pork.
Fried parsnips or boiled onions.
Apple sauce.
Baked rice pudding.
Coffee.

Wednesday

Braised beef.
Creamed carrots.
Mashed potatoes.
Cream puffs or cakes.
Coffee.

Wednesday

Remains of braised beef or beef mince a la maurice.
Baked macaroni.
Potato salad.
Apples, nuts.
Coffee.

Friday

Cream of celery or vegetable soup.
Boiled codfish.
Mashed potatoes.
Brown betty.
Coffee.

Saturday

Lamb stew.
Red kidney beans.
Salad.
Fruit.
Coffee.

**SOME SPRING AND SUMMER DINNERS**

Boiled chicken with parsley or egg sauce.
Boiled rice.
Asparagus.
Chocolate custard.
Coffee.

Chicken soup, made with broth from the chicken.

Chicken salad or creamed chicken.

String beans.

Fruit.

Coffee.

Veal pilaf.

Spinach.

Egg plant.

Cottage pudding.

Coffee.

Roast shoulder of lamb, mint sauce.

Green peas.

Boiled new potatoes.

Rennet custard.

Coffee.

Breast of lamb with green peas.

Boiled new potatoes.

Baked rice pudding.

Coffee.

Roast breast of veal stuffed.

Green corn.

New potatoes with parsley and butter.

Mint punch or fruit.

Coffee.

Spring lamb chops.

Green peas.

Boiled potatoes.

Tomato salad.

Coffee.

FISH DINNERS

Clam chowder.

Asparagus.

Lettuce.

Baked rice pudding.

Coffee.

Broiled fresh mackerel.

 Creamed cold boiled potatoes.

 Green peas.

 Fruit.

 Coffee.

Fish chowder.

 Cucumbers or lettuce.

 Stewed or baked tomatoes.

 Caramel custard.

 Coffee.

Salt mackerel baked in milk.

 Boiled or baked potatoes.

 Cold slaw.

 Lemon jelly.

 Coffee.

Broiled blue fish.

 Boiled new potatoes.

 Green peas.

 Lettuce or cucumbers.

 Coffee.

Boiled striped bass.

 Boiled new potatoes.

 Cucumbers.

 Baked custard in cups.

 Coffee.

Fried porgies.

 Boiled new potatoes.

 Asparagus.

 Fruit.

 Coffee.

Salt codfish pie.

 Baked tomatoes.

 Lettuce or cucumbers.

 Rennet custard.

 Coffee.

VEGETABLE DINNERS

Summer soup.

Plain omelet.

String beans.

Baked Indian pudding.

Coffee.

Baked macaroni.

Stewed tomatoes.

Lettuce.

Peach batter pudding.

Coffee.

Lentil soup.

Succotash.

Boiled new potatoes with parsley and butter.

Whipped cream and lady fingers.

Coffee.

Potato soup.

Poached eggs on toast.

Green corn.

Chocolate custard.

Coffee.

Green corn pudding.

Baked potatoes.

Creamed young turnips.

Fruit.

Coffee.

Clam bouillon.

Boiled rice.

Sweet potatoes a la creole.

Boiled apple pudding.

Coffee.

Vegetable chowder.

Stewed tomatoes.

Celery salad.

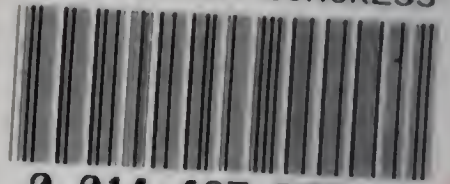
Deep apple pie.

Coffee.

One copy del. to Cat. Div.

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